

## Appendix 1

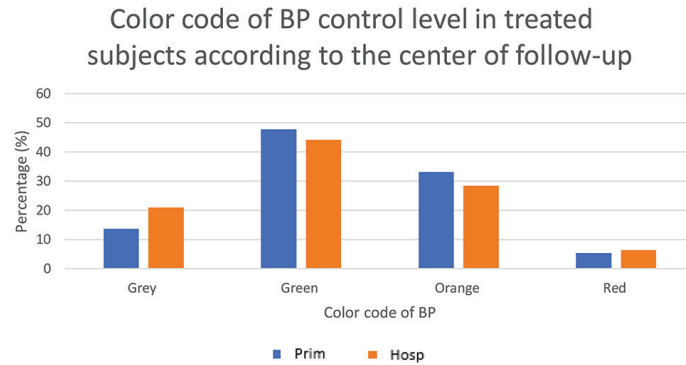
### *Automatic text message generated by Hy-Result software: example 1*

You have indicated that you are taking antihypertensive medications and are under the age of 50 years. Your BP moderately exceeds the desired values (target BP). Given your age, start by reducing or avoiding excess weight (you should have a body mass index below 25 kg/m<sup>2</sup>), do not smoke and do not consume alcoholic beverages in excess. In these BP values at your age, the benefit of lowering BP with antihypertensive drugs has not been well demonstrated. On the other hand, regular physical exercise and a diet avoiding high salt intake, (in particular that provided by pre-cooked dishes or added to the cooking of dishes or on the plate), are two good habits to adopt. They are very beneficial. If you have cholesterol or diabetes or a family history of cardiovascular disease under the age of 65 years in your parents or siblings, check with your doctor. Check your BP yourself regularly, for example in 4 to 6 months.

- ❖ You have reported taking oral contraception. Be aware that some pills containing estrogens are not recommended in case of hypertension. Read the instructions for your pill to check it and talk to your doctor.
- ❖ Overall, your BP is in orange with high values. Check that you are taking your medication regularly. Your treatment may need to be adjusted. Ask your doctor if it is appropriate to reinforce your treatment (increased doses or addition of a drug). Tension in orange justifies medical advice.

### *Automatic text message generated by Hy-Result software: example 2*

- ❖ You have reported taking antihypertensive therapy. Your BP exceeds desirable values. According to your indications, you declared that you had one (or more) illnesses that justify your BP being closely monitored. You should see your doctor to discuss the benefits of adjusting your treatment.
- ❖ You reported having diabetes. Experts from the European Society of High Blood Pressure recommend, in case of diabetes, to reach under treatment a BP below 140 mmHg for systolic and 85 mmHg for diastolic when it is measured in a medical environment, probably below an average of 135/80 mmHg in self-measurement. They also recommend that the systolic pressure under treatment should not drop below 120 mmHg in the medical office, or 115 mmHg in self-measurement. In other words, the tension should not be neither too high nor too low.
- ❖ You have declared that you are a smoker. As you know, it is recommended to stop smoking, whether or not you have high BP. This is even more important in the case of diabetes and hypertension. Cutting out smoking helps prevent many cancers, including cancers of the lungs, throat, and bladder.
- ❖ Overall, your BP is in orange with high values. Check that you are taking your medication regularly. Your treatment may need to be adjusted. Ask your doctor if it is appropriate to reinforce your treatment (increased doses or addition of a drug). Tension in orange justifies medical advice.



**Figure S1** Color code BP control level in treated subjects according to the recruitment center. Prim group *vs.* Hosp group. BP, blood pressure; Prim, primary care; Hosp, hypertension center.

**Table S1** BP oscillometric devices

Groups	Upper arm cuff	Wrist cuff	P value
Hosp			<0.001
All (n=2,558)	2,381 (93.1)	177 (6.9)	
Treated (n=2,068)	1,947 (94.1)	121 (5.9)	
Untreated (n=490)	434 (88.6)	56 (11.4)	
Prim			<0.001
All (n=16,888)	13,628 (80.7)	3,260 (19.3)	
Treated (n=10,136)	8,336 (82.2)	1,800 (17.8)	
Untreated (n=6,752)	5,292 (78.4)	1,460 (21.6)	

Data are presented as n (%). BP, blood pressure; Hosp, hypertension center; Prim, primary care.